



**FOR IMMEDIATE RELEASE**

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## **GOVERNOR SAYS HOOSIERS WERE UP TO THE 10 IN 10 CHALLENGE**

INDIANAPOLIS—March 24 marked the final day of the INShape Indiana 10 in 10 Challenge, and Hoosiers have risen to the challenge, with nearly 40,000 individuals participating from all 92 counties. Preliminary results based on those who completed the final survey indicate that participants have lost an average of 7 ¼ pounds, and one-third of participants had lost 10 pounds or more.

“There is no better news than to know Hoosiers are taking action to stop smoking or lose weight. Congratulations to those who reached their 10-week goal, but we hope this is just the start to a lifetime of healthier habits,” said Governor Mitch Daniels.

Karen Rigle, a dental assistant at the Logansport State Hospital, is one example of the many success stories for the 10 in 10 Challenge. Rigle signed up for the 10 in 10 Challenge in January and has lost 19 pounds, with a goal of dropping an additional 10 pounds.

“Because of the 10 in 10 Challenge, I have been able to stay focused on what my actual goals are,” Rigle said. “In the past I would start in one direction and get sidetracked and never finish it. At first I really struggled with the fact that I cannot starve myself and still lose weight, I really had to work hard at eating the right kinds of foods and not skip meals.”

Dancing and walking have been part of Rigle’s exercise program, and she credits the support of her family and friends with helping her attain her goals.

A network of county volunteers, many of whom are already involved in anti-smoking and obesity prevention efforts in their local communities, coordinated the 10 in 10 Challenge in their local communities. Governor Daniels will recognize the efforts of these community leaders at an event later in the year.

Some examples of 10 in 10 Challenge initiatives on the local level are:

- The New Albany Housing Authority had a group of 12 employees participate in the 10 in 10 Challenge, with a total weight loss of almost 57 pounds. They encouraged each other by breaking into two teams, with the team with the most weight loss winning a free 600-calorie, low-fat lunch prepared by the other team. The organization is planning a summer walking program.
- The Tippecanoe Community Health Clinic in Lafayette started the Challenge with 45 employees participating, and soon recruited 10 businesses, schools, and other social services agencies to join as well. The Clinic reported that everyone who joined lost weight, and they will be extending the Challenge to another 10-week program.

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***10 in 10 Challenge  
Add One***

Although the 10 in 10 Challenge is complete, Hoosiers who did not participate are invited to start the Challenge with family and friends by signing up at [www.inshape.IN.gov](http://www.inshape.IN.gov), where they will have access to the tips and activities for each of the 10 weeks. Individuals who do not need to lose 10 pounds are still encouraged to sign up for INShape Indiana to take advantage of the healthy tips and fun activities being offered.

Gov. Daniels launched INShape Indiana in July 2005, encouraging Hoosiers to make healthy choices. The program provides statewide information on physical fitness activities, nutrition, and smoking cessation through its Web site at: [www.inshape.IN.gov](http://www.inshape.IN.gov).

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